



# *Access To Recovery*

A N N U A L   R E P O R T

Washington State Department of Social and Health Services  
Division of Behavioral Health and Recovery

October 2011



## The Washington State Access to Recovery Project

As we close out the first year of the Access to Recovery (ATR) 3 grant, we are happy to report great progress in building community systems that support the personal recovery of people dealing with substance misuse. Since 2005, Washington State has served over 20,000 working to reintegrate themselves in their community, through funding provided by the three ATR grants. Each person served was provided a voucher to purchase services to eliminate barriers to their personal recovery. These three federal discretionary grants awarded to Washington State brought \$40 million to Washington State for services delivered at an average cost per client of \$2,000. That cost includes individual case management.

In September of 2010, Washington was awarded ATR 3 making it one of 7 states to have successfully competed for ATR in all three rounds of the discretionary federal program. SAMHSA awarded Washington State \$13 million to serve 9,000 individuals over 4 years. In this third round of ATR, Washington proposed to continue its focus on Recovery Oriented Systems of Care (ROSC) by aiming services to “recoverees” completing outpatient chemical dependency treatment or those ready to move back into a recovery program. Our program focuses on the provision of supports to help a person stabilize in recovery and return to meaningful involvement in the community. We included support to recoverees leaving jails and prisons.

In the first year of ATR 3 we built on our linkages with recovery housing where our clients would benefit from existing models dealing with the ongoing challenges of recovery. These include Oxford House (Washington State has over 200 Oxford houses – the most of any state in the nation); and faith-based programs like the Lord’s Gym, Teen Challenge, and Mountain Ministries. These programs provide abstinence based housing that support skill development and employment expectations.

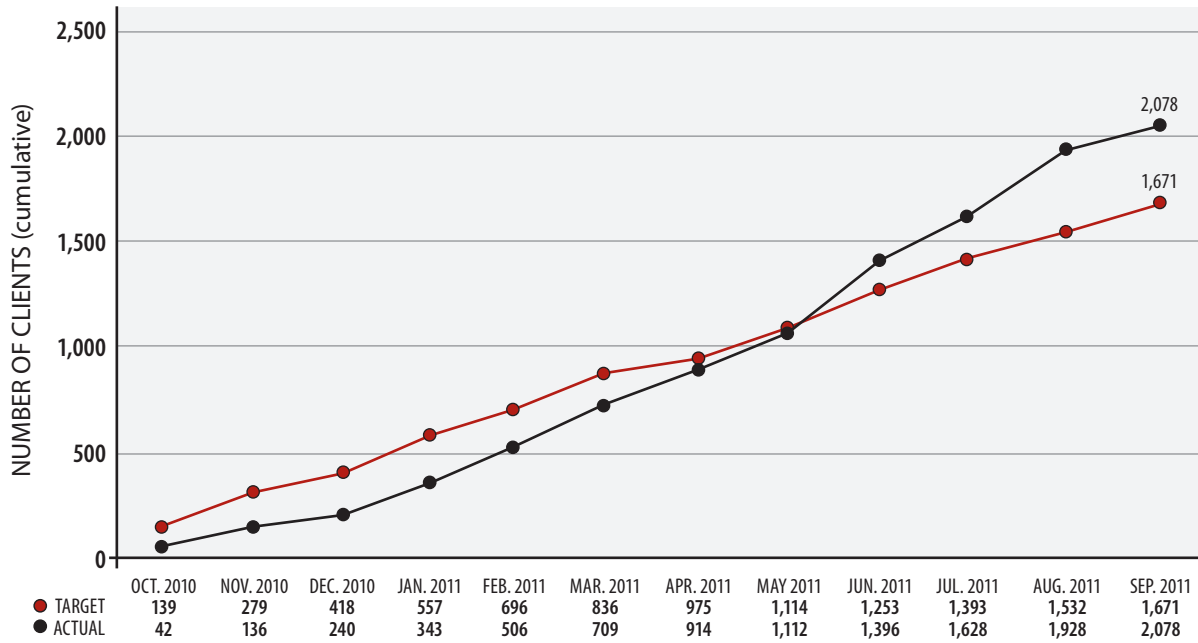
Another major priority of ATR 3 is the continuation of our commitment to meet any request of returning combat soldiers and their family for support to deal with issues of alcohol and drug misuse.

The opportunity afforded Washington State with three ATR grants has allowed the state to actively shift our efforts to help people in need of recovery beyond our past focus on acute clinical care. This shift to Recovery Oriented Systems of Care provides the foundation for making chemical dependency treatment effective in supporting a person’s long term recovery and providing a place in the community for everyone.

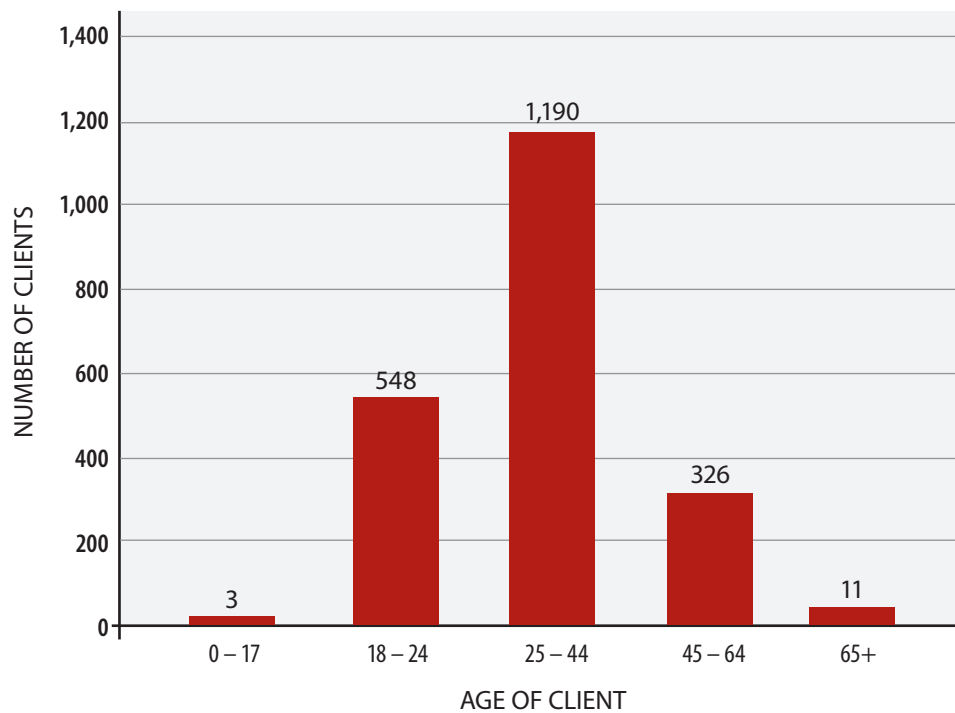
– Vince Collins  
Project Director

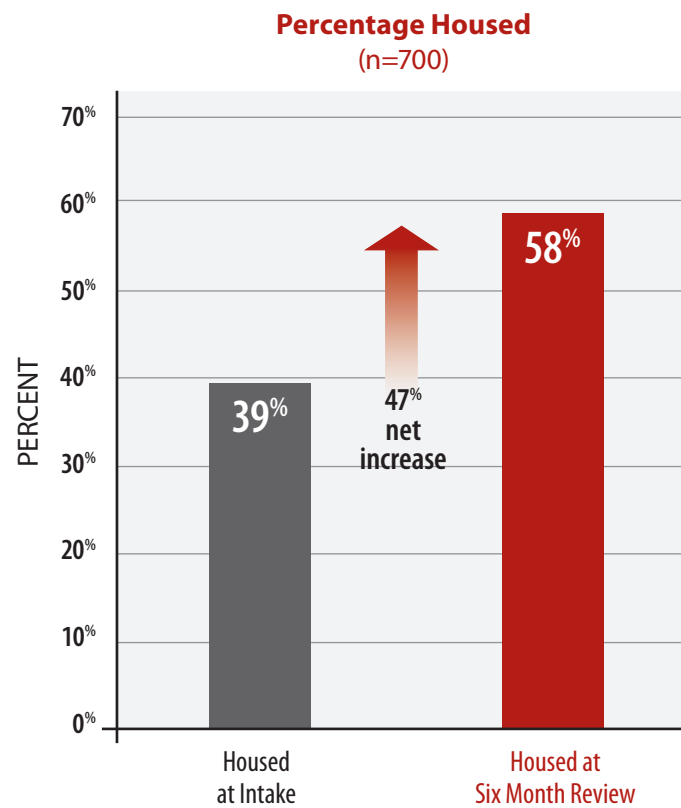
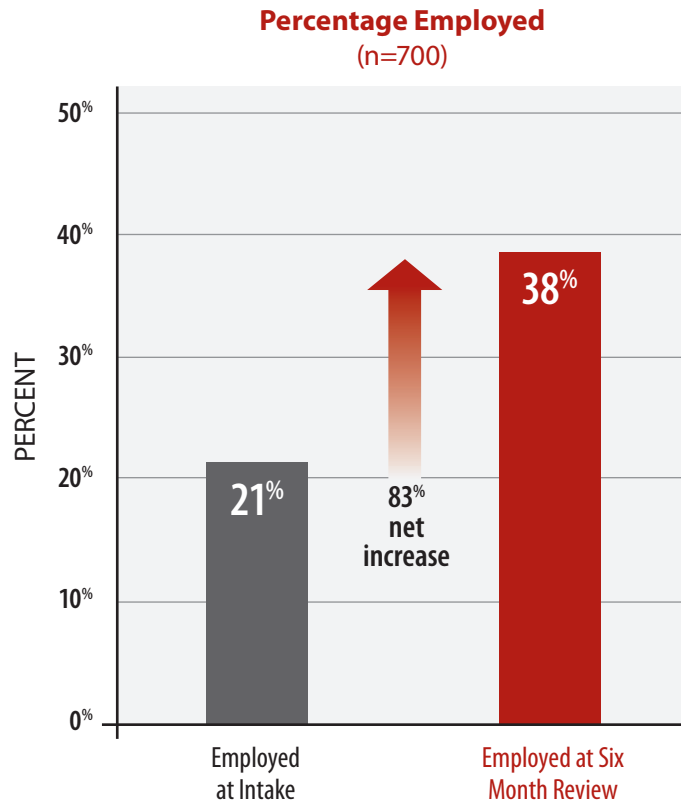
## Performance Metrics

### Access to Recovery 3: Year One Enrollees

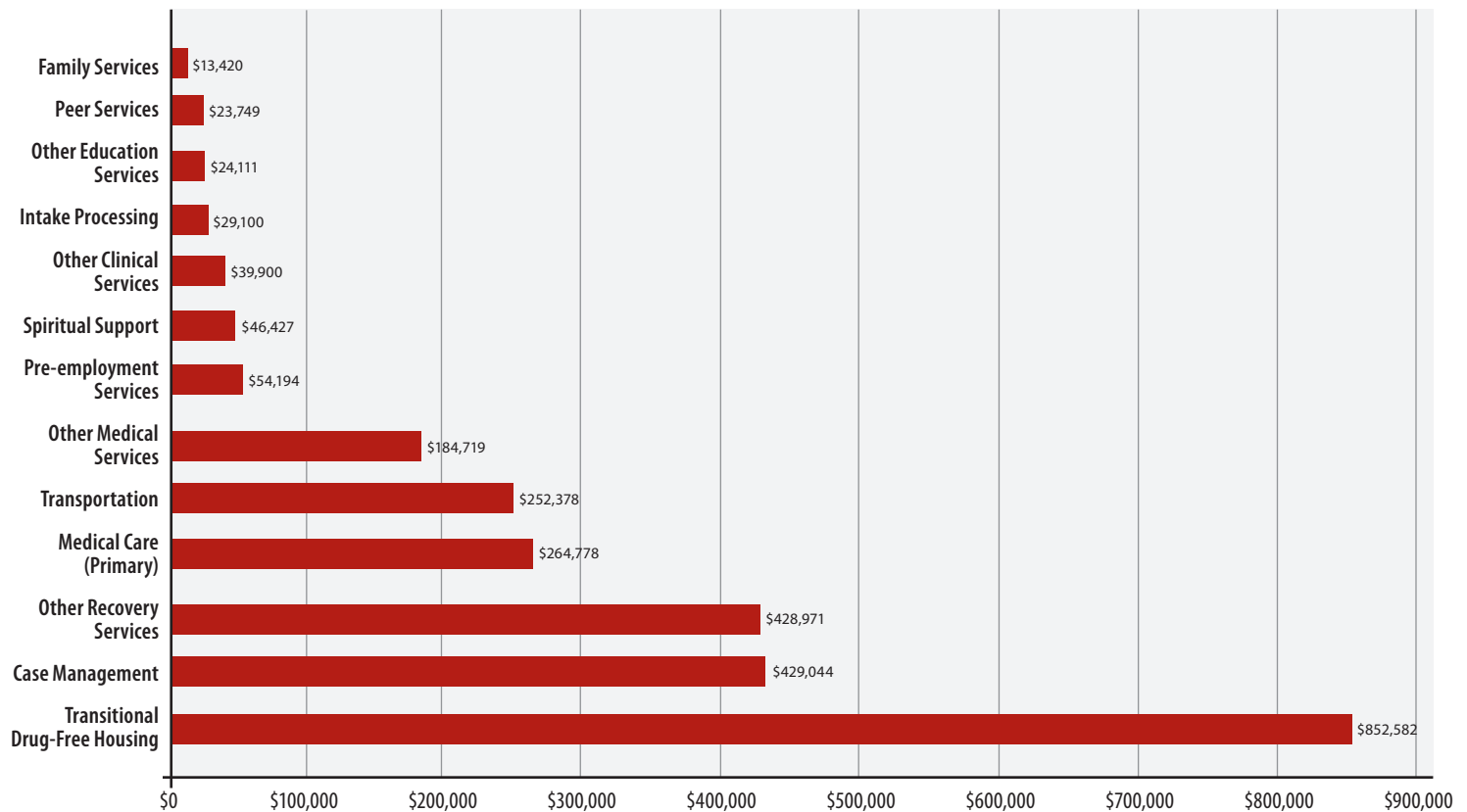


### Number of Clients by Age

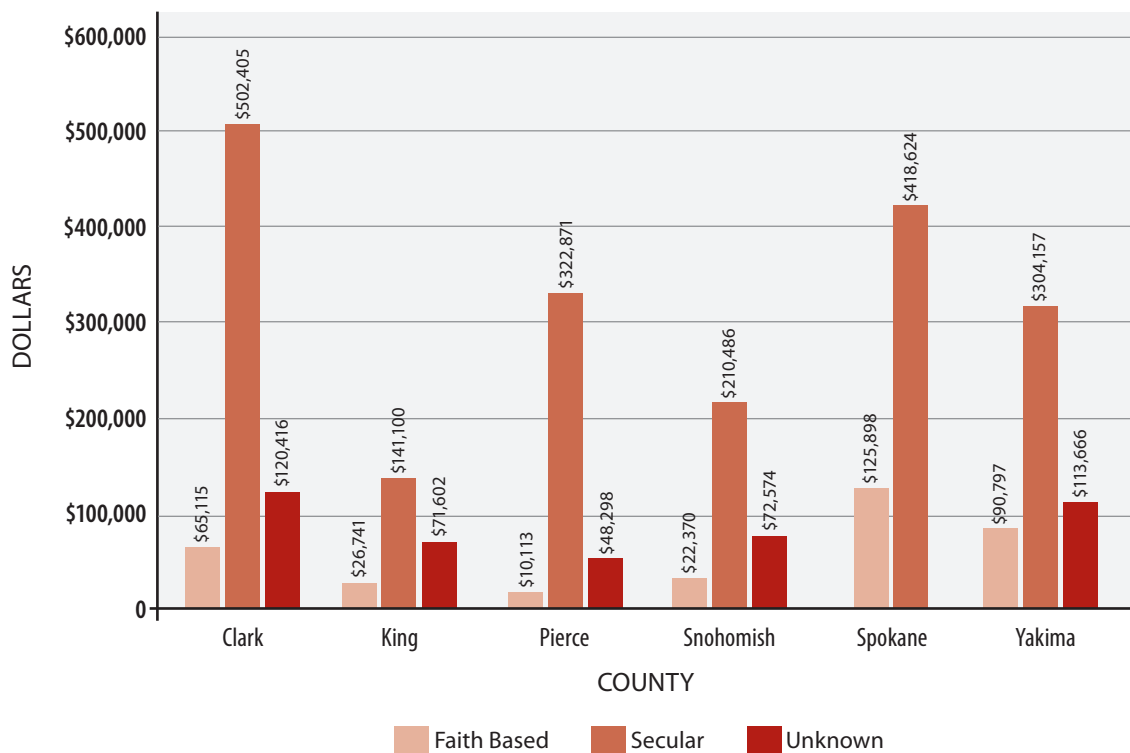




### Spending by Service



### Faith Based Spending by County





## Oxford Houses

Oxford Houses are peer-run and peer-supported residences that are alcohol and drug free housing for adults in recovery. They are based on a national model used in 41 states, Africa, Australia, and the United Kingdom. The Houses are democratically self-governed by the residents and are financially self-supporting. There is zero tolerance for alcohol or drug use. Seven to ten residents live in each home. The residents decide on admissions and circumstances where residents are asked to leave (i.e., alcohol or drug use, non-payment of rent, disruptive behaviors). Oxford Houses are rented on the open market and each house is independent.

Washington State currently has 225 Oxford Houses. Of those houses, 159 are for men, 4 are for men with children, 42 are for women, and 20 are for women with children. This provides 1,896 beds in 20 counties.

During the first year of ATR 3 Oxford Houses provided clean and sober transitional housing to 478 clients (client counts are duplicated).

## Faith-based and community providers

In the first year of ATR 3, agreements were made with 64 faith-based organizations to provide recovery and treatment services, including treatment, clean and sober transitional housing, transportation, support groups, employment services, education, and spiritual support.

In addition to the faith-based providers, there are 117 community providers that provide services to ATR 3 clients.

### WHAT CLIENTS ARE SAYING ABOUT ATR SERVICES:

"I am a member of the Freya Oxford House and a participant in the Access to Recovery Program here in Spokane. Upon entering the program, I was clean and sober but still suffered with problems such as [needing] housing, clothing, and food. Nevertheless, ATR staff assured me that she and the staff could meet the needs mentioned above. More importantly, ATR staff inspired me with words of encouragement and believed in me and my recovery. I would like to send kudos to ATR staff for the consistency and productive effort that they continue to give me and all members of Oxford House here in Spokane. They truly exemplify excellence and are very detailed."



### A Faith-Based Provider Perspective

"Maybe the best way to fight the war on drugs is to not only go after the suppliers, but to also heal the users. Access to Recovery makes it possible for us at The Lord's Gym to fight this battle. Without ATR funding the people we serve would have no hope.

For the past several years The Lord's Gym has been helping men and women in recovery through The Rock and The Samaritan House, in clean and sober housing. Most of our residents cannot afford this on their own. Through partnership with ATR we are able to teach people how to live a life of integrity and not to remain dependent on the system.

Today some graduates are giving back through mentoring, education, and leadership opportunities. Many others are busy rebuilding their lives and families, all because of the opportunities provided by ATR.

The war will continue, and so will we. Thanks again, not only for the support, but also for the assistance with the wounded."

– New Life Friends Church

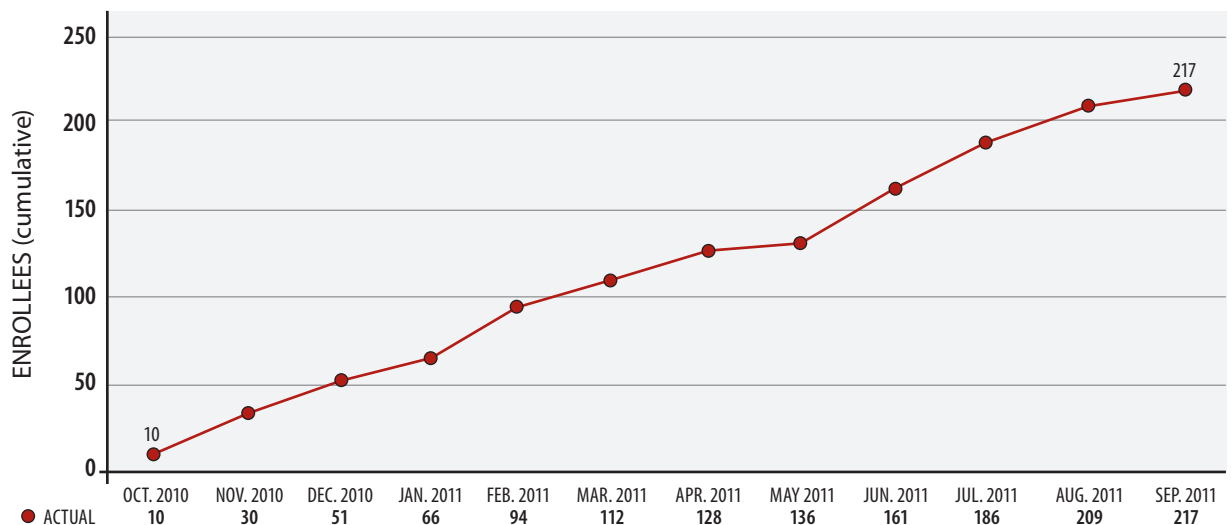
## Serving our military

Veterans, National Guard and Reserves, and active duty military make up our priority service population. Current or present service members receive expedited enrollment and are not required to live in the county in which they receive services. The referral process for military has been streamlined to further remove barriers.

ATR is not meant to take the place of the Veterans Administration (VA). The goal is to fill the gap for clients who are unable to receive VA services, are having difficulty getting linked to those services, or do not qualify for VA benefits. Recovery Support Specialists work to connect the veteran with services for which they qualify. Additionally, ATR serves active duty or discharged soldiers regardless of their discharge status. When ATR serves active duty soldiers, there is no disclosure to their chain of command.

In the first year of ATR there were 217 active duty, National Guardsmen, and veterans served. A total of \$288,363 was spent on treatment and recovery support services to this population, with transitional drug-free housing being the most utilized service.

### Access to Recovery 3: Year One Military, Veteran, and National Guard Enrollees



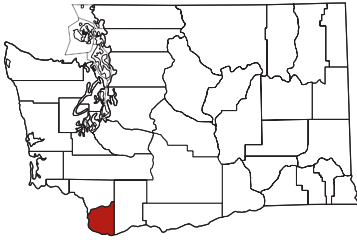
Prevention Treatment  
and Outreach Programs  
Prevention Coordinator,  
SSG Lee Hackworth

### National Guard Perspective

"The Washington State National Guard has collaborated with Access to Recovery from 2008 to present. The relationship that has been established is one that could not be bought, but only developed through tireless efforts and coordination on both sides. There has not been a time that something was needed regarding substance abuse that Washington ATR was not able to provide in some way to the Guard, and that is greatly appreciated.

Over the last two years ATR has been able to give assistance to countless number of service members as well as family members. Their efforts have stretched across the entire state leaving no area untouched and no opportunity rejected. The road has not been easy, as many service members didn't quite follow through with services that were provided for whatever reason, but for those that did it was well worth all of the efforts. Because of ATR, lives in the Washington National Guard have been saved of both family members and service members. Hands down, Washington ATR is the best thing that has happened to the Washington National Guard in a long time. I look forward to many more years of working with ATR, and I am sure they feel the same way."

– SSG Lee Hackworth

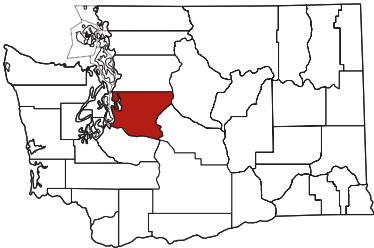


#### **CLARK COUNTY CLIENT COMMENTS**

"Was very straightforward and explained things clearly and thoroughly."

"It really helps me to get back on my feet and start a clean and sober life."

"They listen to what you have to say and treat you with kindness regardless of your past."



#### **KING COUNTY CLIENT COMMENTS**

"I'm able to access information and services in a timely manner."

"My project manager kept in contact with me and whenever I had a need or question was on the job and solved it quickly."

"Everything ATR has done. Nothing but help me in my recovery."

## **Clark County**

Clark County is located in Southwest Washington across the Columbia River from Portland, Oregon. Clark County established two Recovery Support Specialist (RSS) staff, to work in the field with clients at referral sites, including two faith-based referral portals. Services Clark County offers to assist in client recovery include; Family Services, Recovery Housing Support, Dental, Pre-Employment Services, Spiritual Support, Transportation, Medical Services, Mental Health Services, and Chemical Dependency Treatment. The County has been successful in building relationships and collaborations that provide clients with excellent opportunities for sustained recovery and self-sufficiency. Clark County utilizes a Recovery Oriented System of Care model and is consistently adding new partners.

### **Clark County Successes:**

- In the first year of ATR 3, Clark County RSS staff assisted over 385 recoverees, 130 of whom received low-cost dental services through collaboration with local providers.
- Built relationships with the local Veteran's Administration and newly formed Veteran's Court, in an effort to serve a priority population.
- RSS staff began providing three months of recovery coaching to recoverees. This has greatly improved the GPRA follow-up rate for the County.
- Increased the number of faith-based support service providers to ensure more opportunities for client choice.

## **King County**

King County includes Seattle, the Emerald City. The County began Phase One of their Access To Recovery program in February 2005 by providing Opiate Substitution Treatment (OST) to over 300 clients. In Phase Two of the ATR program, the County contracted with a local provider to provide recovery support services. King County offers services such as OST, Transportation, and Housing Support.

### **King County Successes:**

- King County worked with a national consultant to develop a Recovery Oriented System of Care strategic plan that will impact how the County moves forward to serve clients with mental health or substance use disorders.
- Staff assertively created new partnerships with the faith-based community to offer more choices to King County clients.



## Pierce County

Pierce County surrounds the greater Tacoma area, and is home to Joint Base Lewis-McChord (JBLM). JBLM includes an Army and Air Force base with an estimated population of 19,000. Camp Murray is also in Pierce County and is base to the Washington National Guard. During the first year of ATR 3, more than 65 enlisted personnel, active reservists, National Guardsmen, veterans, and their family members were served.

The County has provided Clean and Sober Housing Support, Medical Care, Vision Services, Dental Care, Mental Health Services, Pharmacological Interventions, Education Services, Basic Needs, and Transportation. Chemical dependency treatment services were provided for the military and their families.

### Pierce County Successes:

- Pierce County has continued to expand their network of vendors to include new local family run businesses and veteran-owned businesses.
- The County has successfully worked with multiple military installations to help provide support services to active military, reservists and veterans residing in Pierce County.

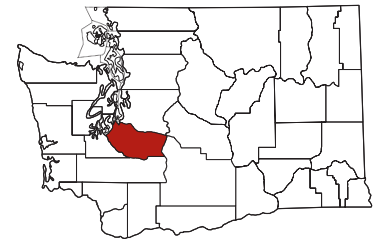
## Snohomish County

Snohomish County is located north of Seattle, with the city of Everett as the county seat. Snohomish County employs two Recovery Support Specialists (RSS) who provide and manage ATR services at the county office. To be eligible for the program, individuals must be actively participating in outpatient treatment at one of the County's publicly funded, state-certified chemical dependency treatment providers.

When a client shows compliance and motivation to recovery, their counselor may refer them to the RSS as eligible to receive assistance from the program. The focus of ATR is to assist with a client's basic needs that will help them move forward toward self-sufficiency while in recovery. Services are tailored to meet those needs, from thrift store vendors to eyeglass providers. The RSS provides ongoing encouragement, motivation and recovery coaching, case management, and necessary supports to assist clients in successfully reaching their recovery goals.

### Snohomish County Successes:

- With approximately 65,000 residents who have served in the military, the highest per capita of any county in Washington State, Snohomish County has given priority to veterans and National Guardsmen; community partners are forming collaborations to coordinate and enhance services for Veterans.
- Snohomish County has established collaborative relationships with numerous local service providers, including faith-based partners, and local businesses. Careful communication and streamlined processes maximize resources and avoid duplication of services.
- Snohomish County has developed a tool to assess ATR client motivation for recovery; the County also collects data on client trauma history.

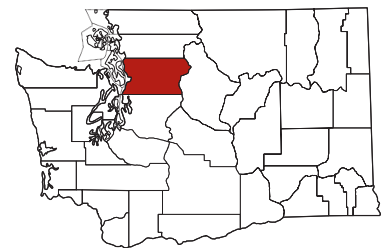


#### PIERCE COUNTY CLIENT COMMENTS

"They treat me with respect and I feel as if they really care and want to help my recovery."

"The support is great. Without a helping hand I wouldn't have accomplished as much as I have."

"Have an open mind and don't judge me for my past. You work with me greatly. I like that I'm not judged for my past."

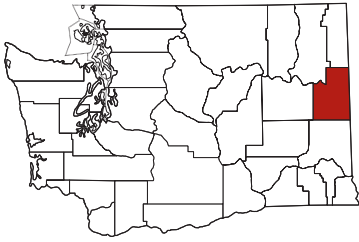


#### SNOHOMISH COUNTY CLIENT COMMENTS

"Treat me with respect, even though I'm an addict."

"Helps me at this stage of my recovery. I was financially strapped, but with the help they have provided, I am not on the streets."

"This program is truly helping me get my life back on track and gives me the encouragement to move higher up the ladder."

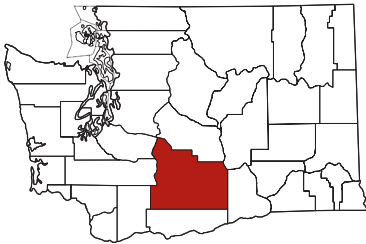


#### **SPOKANE COUNTY CLIENT COMMENTS**

"I can say that you have given me the ability to have a stronger recovery and to be more successful than I thought I could! With the assistance from this program, I can leave the past behind and start anew."

"The staff inspired me with words of encouragement and believed in me and my recovery."

"I feel like I finally have a chance to actually make it. Your (our) program has finally allowed me to focus on early recovery - meetings, outpatient, housing, sponsorship, service work, etc."



#### **YAKIMA COUNTY CLIENT COMMENTS**

"It really helped me out a lot in my recovery and helped me to better myself."

"Gave me the extra cushion I needed to land feet first!"

"ATR has really helped me out a lot. It gives me motivation to stay clean and confidence for my future."

## **Spokane County**

Spokane is the largest metropolitan area between Seattle and Minneapolis, with a county population of over 450,000 residents. Surrounded by small rural counties and farmland, Spokane County is a destination area for people needing advanced health care, chemical dependency treatment, and mental health care services. The County has two Recovery Support Specialists (RSS) who meet with clients and help them develop a post-treatment Recovery Plan. Financial support services are built around the identified needs of the Recovery Plan.

### **Spokane County Successes:**

- Spokane County RSS staff has served 58 veterans and National Guard members in need of access to treatment and recovery services. The County also collaborates with the Veteran's Court project to wrap services around military service people who get in trouble with the law.
- The Spokane Recovery Coalition is an active group of recovery service providers who meet every other month to collaborate on community education and community events for people in recovery.

## **Yakima County**

Yakima County is located in southeast Washington. The County has two RSSs in the county human services office. Clients are referred to the RSSs from treatment providers, the National Guard, the Clean and Sober Housing Alliance, Veteran's Administration, and Veteran's Outreach. The RSS creates a recovery plan, in conjunction with the recoveree, based on the client's assessment.

### **Yakima County Successes:**

- County staff provided recovery support services to over 350 clients in the first year of ATR 3. Forty of those clients were military.
- Yakima County has a bilingual Recovery Support Specialist who is able to assist the extensive Hispanic population in the County.

## Client Survey Results

The Washington State Access To Recovery Project uses a Client Satisfaction Survey to measure effectiveness.

*“Vouchers provide people access to treatment options that fit their needs and give them the flexibility to find the best path to recovery. Investing in treatment and recovery support not only saves lives, but every dollar invested in treatment and recovery services returns \$7 in cost savings from social benefits such as reduced health costs, crime, and lost productivity.”*

– Pamela S. Hyde, J.D.,  
SAMHSA Administrator

### The Access To Recovery staff treat me with courtesy and respect.

	NO	50-50	YES
# Of Clients	0	0	547
% of Clients	0%	0%	100%

### I have been offered a choice in the services offered in the Access To Recovery Program.\*

	NO	50-50	YES
# Of Clients	6	19	524
% of Clients	1%	3%	96%

\*May not be the choice the client wants, but they are given a choice.

### The staff explained things clearly.

	NO	50-50	YES
# Of Clients	1	12	537
% of Clients	0%	2%	98%

### It was easy to get the information that I need about services.

	NO	50-50	YES
# Of Clients	7	17	526
% of Clients	1%	3%	96%

### I am satisfied with the Access To Recovery Program.

	NO	50-50	YES
# Of Clients	1	8	538
% of Clients	0%	1%	99%

## **Washington State Access To Recovery Contact Information**

### **Vince Collins, Project Director**

Vince.Collins@dshs.wa.gov  
(360) 725-3713

### **Cheryl Wilcox, Program Manager**

Cheryl.Wilcox@dshs.wa.gov  
(360) 725-3743

### **Division of Behavioral Health and Recovery**

Post Office Box 45330  
Olympia, Washington 98504-5330  
Information line: (360) 725-3700  
Toll free: 1-877-301-4557

## **Web-sites of Interest**

### **Washington State Division of Behavioral Health and Recovery Access to Recovery Website**

[www.dshs.wa.gov/dbhr/daaccesstorecovery.shtml](http://www.dshs.wa.gov/dbhr/daaccesstorecovery.shtml)

### **SAMHSA Access To Recovery Website**

<http://atr.samhsa.gov>

### **New Life Friends Church Website**

[www.wix.com/newlifefriends/newlifefriends#!](http://www.wix.com/newlifefriends/newlifefriends#!)

### **Oxford House, Washington Website**

[www.OxfordHouse.org/userfiles/file](http://www.OxfordHouse.org/userfiles/file)



**DBHR** Division of Behavioral  
Health and Recovery

[www.dshs.wa.gov/dbhr](http://www.dshs.wa.gov/dbhr)